Achieving Work-Life “Fit”

The Wheel of Life
(From, Arloski, Michael (2007) Wellness Coaching for Lasting Lifestyle Change,
MN: Whole Person Associates, Inc.)

Step One:
List the categories that make up your life:

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Step Two: My Wheel of Life - Categories by importance
Fill in the Wheel of Life with the categories you mentioned. In our example on the screen, we’ve divided the circle into equal parts. On yours divide the circle into parts that represent how important each category is in your life. See example on page 3.
Step Three: My Wheel of Life - Categories by how much time and energy is spent in each

Fill in the Wheel of Life with the categories you mentioned but now divide the circle into parts that represent how much time and energy you spend in each. See example on page 3.
Example of categories by importance: Let’s say Mary lists four categories that are important to her: Family, Work, Money, and Rest. She rates family as the most important, so it occupies the largest piece of the circle. Rest is next important, followed by work and then money (which occupies the smallest piece of the circle).

Example of categories by how much time and energy is spent in each: Let’s say Mary lists four categories that are important to her: Family, Work, Money, and Rest. She spends most of her time and energy in the work category, followed by worrying about money, then worrying about her family and the least amount of her time and energy resting.
Putting Theory into Action
Write down something that you will try and do in each of the 10 tenets of wellness to help you achieve work-life fit. Then commit to begin doing them right away!

1. Think whole person
2. Positive self-esteem
3. Positive peer support
4. Live consciously
5. Be connected
6. Take responsibility
7. Be self-sufficient
8. Make time for yourself
9. Don’t aim for perfection
10. Enjoy

Recommended Reading
- First Things First, Steven Covey
- Life Balance- How to Simplify and Bring Harmony to Your Everyday Life, Linda & Richard Eyre
- Life is Not Work, Work is Not Life: Simple Reminders for Finding Balance in a 24/7 World, Robert Johnston
- Stop Living Your Job, Start Living Your Life: 85 Simple Strategies to Achieve Work/Life Balance, Andrea Molloy
- This is How They Do It, Carol Evans
- Wellness Coaching for Lasting Lifestyle Change, Michael Arloski
- Work and Family- Allies or Enemies?: What Happens When Business Professionals Confront Life Choices, Stewart Friedman